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Location: <http://ianrwww.unl.edu/ianr/lanco/nebline/>

What's New? What's Cool? Handbook Net Search Net Directory Software

## Lancaster County Extension's Web Site on the Internet

John Gonzalez  
Extension Assistant –  
Computers & Communications

Please visit <http://www.i~~~> Wait! Another story on that Internet stuff? Yes. It has become common place for people to tell you about the Internet just like people tell you about other news, weather and sports. The masses can't wait to show John and Jane Public how the Internet will change their lives. The Internet is changing life as we know it, not much different from when the first radios and televisions popped into living rooms.

It is the goal of Lancaster County Extension to provide research-based information to the people of Lancaster County and we have staked out our claim. Lancaster County Extension provides information in many different ways and our web site will eventually mirror all that we have to

offer. Remember that the point here is to mirror, not to replace. The Internet has achieved a standing as an information dissemination tool. It is here to stay, to say the least. It carries the potential to replace tools like newspapers, radio, television; chores like trips to the post office, the bank and stores—but will it replace people? Will the Internet do away with the need for a group to travel to a central location and talk face to face? Not a chance!

Nothing will ever be able to replace our human need for personal interaction. As good as the Internet could get, even video telephoning, it can never be as good as being there. We at Lancaster County Extension want you to know that our door is always open and the phone will get answered.

Have you ever gone to the Extension office and NOT gotten an answer to your question? Even with all of the information available to Extension staff, there

are times when help is needed from other resources. With more than 225,000 people in Lancaster County and only limited staff, we are spread quite thin. This is the reason why we can only answer telephone calls part of the day, visit on sight another part of the day, hold workshops during another part of the day, etc. Oh yes, the Internet.

What the Internet offers us is an opportunity to provide Lancaster County residents access to all of the information that's available to us 24 hours a day. It provides users with resources and links to other groups that can help with your questions. It allows you, the user, to contact us directly and enables this office to gather the information for you and others, in a much more efficient manner than previously possible.



### Just what kind of information is currently available on the Lancaster County Web site?

• <http://ianrwww.unl.edu/ianr/lanco/hort/>

**Horticulture:** Read publications; see gardening tips for every month of the year; watch a slide set on composting; and learn about the Master Gardener Program.

• <http://ianrwww.unl.edu/ianr/lanco/ag/>

**Ag/Acreage:** Read publications; learn about the Salt Valley Clean Lakes Project; get information about the Acreage and Small Farm; visit The Electronic Coffeeshop; see news—weather—ag markets; learn about links to other related sites.

• <http://ianrwww.unl.edu/ianr/lanco/4h/>

**4-H and Youth:** Learn about 4-H Cloverbuds; more to come here!

• <http://ianrwww.unl.edu/ianr/lanco/family/safety.htm>

**Nutrition & Food Safety:** Learn about programs, publications, and links; subscribe to “FoodTalk,” the electronic newsletter; learn about the games: “Pyramid Power: The Food Guide Game” and “Don't Get Bugged by a Foodborne Illness.”

• <http://ianrwww.unl.edu/ianr/lanco/enviro/>

**Environment and Natural Resources:** Learn about earth wellness festival, and Groundwater/Surface Water; more to come!

• <http://ianrwww.unl.edu/ianr/lanco/nebline/>

**The NEBLINE:** View this publication on-line before the printer gets it and see back issues for the entire year. (JAG)

## PRIORITY PROGRAM INDEX

*The mission of the University of Nebraska Cooperative Extension in Lancaster County is to help people address issues and needs related to their economic, social and environmental well-being through educational programs based upon scientific knowledge.*

Look in this box each month to spot articles addressing Extension priority initiatives. Program areas are highlighted with a corresponding icon.



**Agricultural Competitiveness and Profitability**  
“Nebraska Soybean Day and Machinery Expo”—page 3



**Natural Resources and Environmental Management**  
“Environmentally friendly holidays”—page 4



**Youth and Family Initiative**  
“Keep your family calm”—page 6



**Nutrition, Food Safety and Quality**  
“Families make positive changes through NEP”—page 6



**Strengthening Neighborhoods and Communities**  
“New work habits for a radically changing world”—page 10

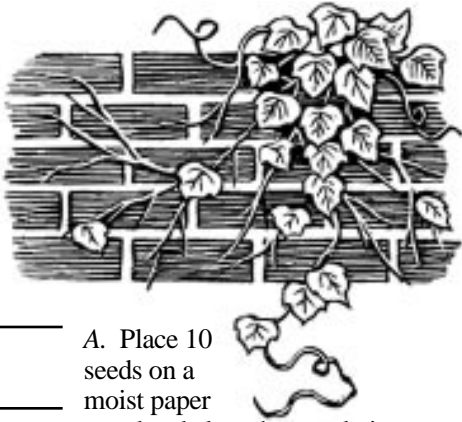




## Horticulture

### Over the garden fence

Don Janssen  
Extension Educator



**Q. I thoroughly enjoyed the amaryllis that I received for Christmas. What do I do with it now that it's done flowering? Will it flower again?**

**A.** Amaryllis bulbs can be reflowered annually for years. The easiest way is to keep them growing and let them flower at will. It will usually happen once or twice a year. If you want an amaryllis to flower around the holidays, water and fertilize it to keep it growing through the summer. Gradually withhold water in the fall to send it into dormancy, and then let the bulb rest for a couple of months. Four to eight weeks before Christmas, place the pot where it will get plenty of bright light and begin to water it again. It should soon send up a leafless flower stalk, which will bear the spectacular, lily-like amaryllis flowers. Don't worry if the leaves come up before or at the same time as the flower stalk.

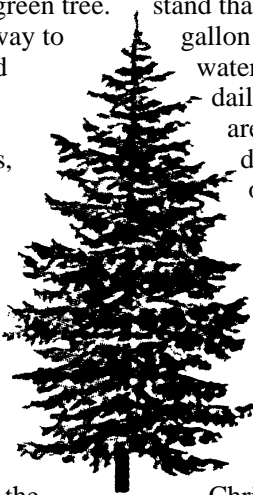
**Q. How can I test leftover vegetable seeds to see whether they will grow this next year?**

**A.** Place 10 seeds on a moist paper towel and place the towel in a plastic bag. Check the seeds after a couple of days and then daily for a few days. The number of seeds that sprout multiplied by 10 is your germination percentage. A germination rate of 80 percent or higher means you can plant the seeds as usual. Less than 40 percent means you should probably discard the leftovers and buy new seed. What you do if the germination rate falls between 40 and 80 percent depends on how much you are depending on the crop from that seed. If you can compensate for the lower germination rate by sowing seed more thickly and save a significant amount of money by doing so, using the seed makes sense. If you have only a dab of seed left and you will have to buy more anyway, using the old seed probably isn't worthwhile. If the questionable seed is for the main harvest of a primary crop, poor performance could leave you with no time to get new seed and replant it in time for the crop to mature. (DJ)

### Keep trees fresh

Many families will decorate the traditional symbol of Christmas this season—the evergreen tree. But, what is the best way to keep the tree fresh and green throughout the holiday season?

Through the years, people have experimented with various "home recipes" to help keep the tree fresh and green. A few of the more novel recipes include the addition of sugar, 7-Up, green food coloring, and/or aspirin to the water in the tree stand. Unless your tree has a headache, there is no evidence that additives increase or prolong the freshness of a Christmas tree.



The best advice to keep a fresh tree fresh is to mount it in a stand that holds at least one gallon of water and check the water level at least once daily. Fresh Christmas trees are thirsty. They may drink from two pints to one gallon of water per day. If the water level in the tree stand drops below the cut surface, a seal will form just as it does on cut flowers, and the tree will be unable to absorb water.

A properly-watered Christmas tree will stay fresh and green for months. A neglected tree may dry out, drop needles and be a potential fire hazard in a week. (DJ)

### Ugly mix prevents theft of evergreens

You may wish to prevent your ornamental evergreen trees from being stolen during December. Each year, Christmas tree thieves steal nicely-shaped evergreen trees from unsuspecting landowners. Hundreds, if not thousands, of dollars worth of losses occur and the stress of unexpectedly seeing only a

stump where a valuable tree once stood is an unpleasant experience for landowners.

Cornell University's Cornell Plantations in Ithaca, New York, uses a special concoction referred to as Ugly Mix to deter thieves from stealing ornamental evergreens during the Christmas season. Invented in 1983 by

*continued on page 11*

## December garden hints

◆ Remove snow from evergreen shrubs to prevent the branches from breaking. Tap the branches gently.

◆ Place Christmas trees away from fireplaces, radiators, heat vents and anything else that could dry the needles. Keep your Christmas tree well watered from the time it is brought home until it is discarded.

◆ Minimize traffic on a frozen lawn to reduce damage.

◆ A common complaint in growing rubber plants indoors is yellowing leaves with dead spots on the edges. This is usually caused by overwatering. Bottom drainage helps remove surplus water.

◆ Houseplants with large leaves and smooth foliage such as philodendrons, dracaena and rubber plant, benefit if their leaves are washed with a damp cloth to remove dust.

◆ A home weather station that includes a minimum-maximum thermometer, a rain gauge and a weather log is a good gift for a gardener.

◆ Check belts and spark plugs, change the oil, sharpen the blades and clean off dirt so equipment will be ready to go when you need it next spring.

◆ Drain the fuel tank of the lawn mower or tiller before putting the machine away for the winter.

◆ Clean and sharpen lawn and garden tools and store them in a dry storage area.

◆ After Christmas, your live tree can be moved outside and be redecorated for the birds. Anchor the tree in a bucket full of damp sand. Put on strings of popcorn and cranberries. Apples, oranges, leftover bread and pine cones covered with peanut butter then dipped in birdseed can also be added. For best results, push



the edible ornaments well into the tree.

◆ Start reviewing and expanding your garden notes to help with next year's plans.

◆ Check fruits, vegetables, corms and tubers that you have in storage. Sort out any that show signs of disease and dispose of them. (MJM)

## Cyclamen care

Cool temperatures and bright light are the prescription for success with cyclamen. Place this flowering plant in an east window, near, but not touching, the glass. A daytime temperature of 60 to 65 degrees Fahrenheit and a night minimum of 50 degrees Fahrenheit should keep it blooming well into next year.

The white, red or pink flowers grow tall with nodding stems above the rosette of heart-shaped, blue-green to dark-green leaves. The foliage is marked with white veins and light-green splotches.

Water the cyclamen whenever the soil begins to feel dry and try to keep the soil around

the roots moist at all times. Water with lukewarm water and be careful to keep it off the foliage and crown, because the plant is very susceptible to crown rot.

Fertilize the plant with a houseplant fertilizer at half the recommended strength every two weeks while it is flowering. When new flowers cease to appear and the leaves turn brown, reduce the frequency and amount of watering and place the pot in a cool spot.

After flowering, let it rest until warm, spring weather



arrives. Repot in a mixture of equal parts houseplant potting soil and peat moss, with half the corm above the soil. Place in a sunny window or in a protected spot outdoors where it will be shaded during the brightest part of the day. (MJM)

## Protect gift plants

A flowering plant may be just the thing for those hard-to-buy-for folks on your Christmas gift list.

Whether it's a traditional Christmas plant like the poinsettia, cyclamen or Jerusalem cherry; or a relative newcomer like the kalanchoe or Rieger begonia; take time to wrap it well before you transport it. Holiday plants are greenhouse grown, so they won't last long if they're exposed to cold temperatures.

If you're taking a plant directly from the florist's shop to the recipient, ask the seller to bundle it thoroughly against the cold.

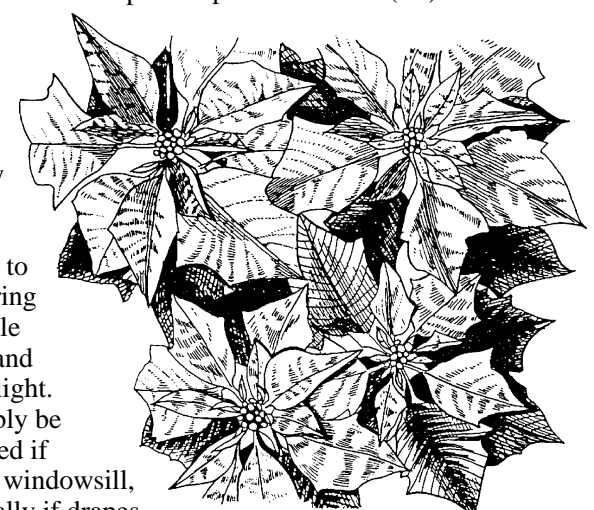
If you take the plant home for a few days before delivering it, protecting it is your job. Wrap several layers of newspapers around the pot and several more around the whole plant. Then place the plant in a heavy paper bag or box. This will keep the roots from being chilled and hold warm air around the top.

When moving plants to or from your heated car, move quickly. Plan your itinerary so you drop off plants before you make other stops. Leaving plants in an unheated car for even a short time can injure or kill them.

When you deliver your gift plants, help the recipients find good spots for them. Keep in mind that most Christmas-gift plants do not tolerate either hot or cold drafts well. They do best with temperatures on the cool side (60 to 70 degrees F during the day and a little lower at night), and plenty of bright light. They will probably be chilled and injured if placed on a cold windowsill, however, especially if drapes

or shades are pulled over them at night. A table near a window is better.

Avoid placing them where they'll be hit by blasts of cold air from an exterior door or gusts of hot air from a furnace duct. Heat from a wood stove, fireplace, or heat-producing appliance like a television set will also speed gift plants' decline. (DJ)





# Nebraska Soybean Day and Machinery Expo

 The *Nebraska Soybean Day and Machinery Expo* is scheduled for **Friday, December 13**, at the Saunders County Fairgrounds in Wahoo. Beginning at 9:00 a.m., area farm operators can visit with representatives from seed, herbicide, fertilizer and equipment companies. The latest in farm equipment, provided by local implement dealers, will be showcased for farm operators to view in the heated pavilion at the fairgrounds.

Throughout the day, topics pertaining to crop production, marketing and utilization will

be presented by farm operators, University of Nebraska researchers, Extension specialists and private industry representatives. The topics covered are timely and tailor made for area growers.

Highlighting the program agenda are Todd Intermill and Doug Smith, better known as “*the Canadian and the Fat Guy*.” Along with their insights on modern day farming practices, their presentations are chucked full of clean comedy and humor. Both are knowledgeable farm operators—Todd is from South Dakota and Doug is from Ontario, Canada.

Together these two operators will share their farming experiences with modifying planter equipment and other pieces of farm equipment in the production of soybeans. Participants will find this to be informing and entertaining.

This event is sponsored by University of Nebraska Cooperative Extension, Saunders County Soybean Growers Organization, the Nebraska Soybean Board and private industry representatives. For more information, please contact Keith Glewen, Saunders County Extension Educator at 402-624-8030. (DV)

# Agronomy Highlights 1996

The annual review of agricultural activities and accomplishments by the UNL Department of Agronomy is scheduled for Tuesday, December 17, 8:30 a.m. to 3:30 p.m., at the Cornhusker Hotel in Lincoln.

This year’s all-day activity will feature a mini-symposium on site-specific farm management in Nebraska which takes a close look at remote sensing and precision agriculture. The 1996 Agronomy Highlights program will also include lectures on the latest research

activities in agronomy, poster illustrations and technical demonstrations. The entire program is designed specifically to meet the interests and needs of the crop producer. It has been a popular event among farmers from across Nebraska for several years.

Agronomy Highlights will provide a complimentary noon meal for all participants who preregister by Wednesday, December 11. Reservations are required for the noon meal and may be made by contacting

JoAnn Collins, UNL Agronomy Department, 402-472-2811. There is no fee for attending the general sessions and related educational programs.

Agronomy Highlights participants in 1995 obtained CCA Continuing Education Units (CEU’s). Application has been submitted to obtain credits for attending this year’s session. Information on this decision will be provided closer to the date of the program. (WS)

# Crop Protection Clinic

The 1997 Crop Protection Clinic will be held in Lincoln on Monday, January 6, so be sure to mark your new calendar now. This annual clinic is designed to provide the latest information on plant diseases, weeds and insects that pose specific problems for agricultural producers in this region of Nebraska. Integrated Pest Management is the approach

taken by all presenters in addressing the current issues in crop production. Registration opens at 8:30 a.m. and presentations conclude at 3:30 p.m. Commercial applicators who need recertification may complete this requirement at the training session to be held after the clinic at 3:30 p.m.

The registration fee of \$17 includes the cost of the pro-

gram proceedings, refreshments and the noon meal. Advanced registration is not mandatory but helps determine a meal count. Detailed programs and registration forms are available at any Farm Service Center or COOP in Lancaster County or by contacting the Lancaster Cooperative Extension, 441-7180. (WS)

# “Part-time Farming”

Have you just purchased an acreage? Considering investing in agricultural enterprises? Do you consider yourself a small-scale farmer? If you’re looking for help, consider the video that will help make your operation a big success—“**Part-time Farming**.” “**Part-time Farming**” is a five part video series that focuses on: (1) field crops; (2) farm management; (3) specialty enterprises; (4) haylands and pastures; and (5) livestock, poultry and horses.

Just one hour of “**Part-time Farming**” provides numerous tips that will save you costly mistakes and precious time. Learn at your



leisure to effectively develop your country environment and improve your quality of life. “**Part-time Farming**” is

presented in a down-to-earth fashion that everyone can relate to. Learn at your convenience in the comfort of your home.

To obtain your copy of “**Part-time Farming**,” send \$16.99 payable to Lancaster County Cooperative Extension to “**Part-time Farming**,” 444 Cherrycreek Road, Lincoln, NE 68528-1507. Please direct questions about “**Part-time Farming**” to 402-441-7180 or e-mail cnty5025@unlvm.unl.edu. (DV)

## Rural \$ense



# Returning to the Farm dates set

The dates and location for the *Returning to the Farm* program are December 13-14, 1996 & January 17-18, 1997, at the University of Nebraska, Lincoln, East Campus Union.

The two-weekend program is open to families who are planning the return of a daughter or son to the operation or are presently working with two-generation family members. Interested families may contact Deb at 1-800-535-3456 for more information. (DV)

# Compost marketing

Grass and leaf compost is available from two sources, depending on the quantity needed. Small quantities of high quality compost is available from any one of several landscapers in the Lincoln area and from General Excavating (67th & Cornhusker Hwy). A fee is normally charged for the purchase of the material and for delivery.

The City of Lincoln, Recycling Office, is accepting bids from large-quantity users for screened compost the first and third Fridays of each month. A minimum of 100 cubic yards of compost must be obtained and there is a minimum bid of \$3.00 per cubic yard that must be made for consideration. Purchasers must provide their own transportation. Loading can be provided by the city for an additional \$2.00 per cubic yard. Copies of the bid proposal forms can be obtained by contacting the Recycling Office at 441-7043. (WS)

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### AGRICULTURE AND ACREAGE

- Animals - General**
- 675 Livestock Buildings
  - 676 Livestock Fencing
  - 677 Livestock Water Requirements
  - 678 Controlling Feed Costs
  - 679 Basic Ration Balancing
  - 680 Feeding Animals During Cold Weather
  - 681 Caring for Animals When Gone

- Animals - Cattle**
- 686 Feeding Steers
  - 687 Raising the Bucket Calf
  - 688 Cow/Calf Management

- Animals - Horses**
- 695 Horse Ownership Requirements
  - 696 Horse Health Care
  - 697 Horse Management Systems

...and more than 400 additional topics.



University of Nebraska Cooperative Extension educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.





# Environmentally friendly holidays

 With the holiday season here we think of decorating, parties, entertaining and gifts. As planning is done for the holidays and celebrations, it is important to keep the environment in mind.

When decorating, consider decorations that can be made from recycled items or can be reused. Sharing decorations that are no longer used in your home with family, friends and charity organizations will give those unused items a new life. Be sure to consider safety when decorating. Candles are a nice touch, but never leave them burning overnight or when you leave the house.

Consider using reusable table service when entertaining. The throw-away plates, napkins, cups, glasses and eating utensils are decorative and save on clean up, but think of the waste that goes with this. Many plastics can be reused by putting them through the dishwasher or washing them. They would work great for picnics or quick family meals.

Gift wrap is another item that produces a lot of waste and adds to the expense of gift giving. Think about using newspapers, paper or plastic bags, or fabric for gift wrap. Decorate your bags with stamping, art work or stickers. Gift tags and cards can be made also. Be creative. This is a fun activity to involve the family.

As your family prepares for the holidays, think about the environment. Reduce, reuse and recycle. (LB)

# Snow science

Take a look at snow in a totally new way—try these activities with your family. This information was located on the internet at <http://www.teelfamily.com>. (SE)



## Snow crystals

When cloud temperature is at freezing or below and the clouds are moisture-filled, snow crystals form. The ice crystals form on dust particles as the water vapor condenses and partially melted crystals cling together to form snowflakes. It is said that no two snowflakes are the same, but they can be classified into types of crystals. All snow crystals have six sides. The six-sided shape of the ice crystal is because of the shape and bonding of the water molecules. Basically there are six different types of snow crystals: needles, columns, plates, columns capped with plates, dendrites and stars. The type of crystals depends on the amount of humidity and temperature present when they are forming. That's why when it's very cold and snowing, the flakes are small; and when it's closer to 32° F., the flakes are larger.

## Catch some snowflakes

- What you will need:*
- black velvet or black construction paper
  - magnifying glass
  - snow

Since snowflakes melt so quickly, you need to freeze your cloth or paper. Have it ready-frozen and ready-to-go for the next snowfall, and go outside and let some snowflakes land on the dark surface. Quickly, before they melt, examine the flakes with a magnifying glass. Many snowflakes are "broken" so you don't see the whole six-sided crystal, but with persistence you'll see some beautiful examples.

## Ice candle

- What you will need:*
- 5 gallon plastic bucket or pail
  - nonstick cooking spray (optional)
  - water
  - candle
  - some nice freezing weather

Spray the inside of the bucket with the nonstick spray or rub with a little oil. This helps if you have problems with the ice sticking to the bucket when it's time to remove. Fill the bucket three quarters of the way full and set outside to freeze. Leave overnight (depending on how cold it is!). In the morning, remove the ice block from the bucket. On the bottom there should be an area that is still liquid. Drain out the liquid and slush and turn it over. Allow to freeze for at least four more hours. The pocket where the water was now makes a great place to insert a candle. Light and place outside in your yard when it's dark for a beautiful ice "crystal" candle luminary! Note: Be sure to have an adult light the candle. (SE)

# Humidity in the home environment affects plants, too

Dry air in your home not only makes you feel uncomfortable, but it also harms your plant's growth. Moisture in the air is measured in terms of relative humidity. Most houseplants grow best at 40 to 60 percent humidity, but can tolerate levels as low as 20 percent.

Unfortunately, home heating systems take moisture out of the air, and houses commonly have lower than a 20 percent humidity level in winter.

How do you tell if your plants need more humidity? Look for these danger signs: brown and shriveled leaf tips, dried-up flower buds and blooms and yellowed leaf edges. Entire leaves may turn yellow, wilt and fall off the plant. Many flowering houseplants are sensitive to low humidity levels, including

African violet, azalea, cyclamen, impatiens, bromeliads and dwarf citrus trees.

The foliage plants which prefer a more humid environment include the thinner-leaved plants such as ferns, philodendron and spider plant. Cacti and succulents are native to deserts and they can tolerate low humidity levels.

You can minimize the damaging effects of low humidity to your plants by following proper watering practices.

Plant tissue dries out because the plant loses water from its leaves faster than it can take water up from its roots. Your plants have a harder time when you forget to water them and the soil dries out. Water plants before the soil dries out completely.

You may also need to increase the humidity around your plants. The easiest way is with a humidifier, which can increase humidity levels by 25 to 30 percent. Use portable units or humidifiers installed as part of your home's heating system.

Another option is to grow plants in a waterproof tray with an inch of pebbles, crushed rock, sand or perlite. Water up to, but not above, the level of stony material. Make sure the pots themselves do not sit in water or the plants risk getting root rot.

Put your plants where humidity levels are highest, such as the bathroom or above the kitchen sink. You might want to group many plants together. As the plants give off moisture, they help create a moist environment for the whole group. (MJM)

# Cybercase of the invisible itches

Barb Ogg  
*Extension Educator*

The internet and the World Wide Web has given Extension personnel new ways of helping clients. The following note was forwarded to me via the internet about a month ago from "Martha." She was looking for information on the internet about her friend's problem with insect bites. NEBLINE readers might be interested in this series of e-mail messages.

## To Whom it May Concern:

A friend of mine has been complaining of these mites/bugs, etc, being "all over her" on her face, eyelashes, all over her body. She has been itching unmercifully. She is not the type of person you would expect to have anything like this.

She went to a doctor yesterday and he told her she had femites? I have been all over the internet and I can't find this anywhere. He gave her Vanatar and told her to bathe in it.

I am worried that the doctor doesn't know what she has, and I am afraid that this is contagious and I do not want myself or my family to get this. Have you ever heard of femites? Do you know where I can go to get more info on this. I'm sure her doctor won't tell me. Any help you can give me, I would certainly appreciate it. Thank you.

Martha

## Dear Martha:

I can understand your concern for your friend and for your own health and that of

your family. Please read all of my message before you decide to share it with your friend.

There is a good reason why you couldn't find anything on the Web about "femites." I am an entomologist and have never studied about femites in medical entomology classes, and cannot find anything about femites in my reference textbooks. My conclusion is that "femites" do not exist.

The question remains, if there are no such things as "femites," then what is making your friend itch so badly. I may be able to shed some light on what the problem might be.

First, with the exception of a few different mites, all insects that bite humans can be easily seen with the naked eye and identified. This includes lice, fleas, bedbugs, mosquitoes, biting gnats, etc.

*continued on page 11*

# Bluff Road Landfill rates have increased, but are still low

If you have taken a pickup load of trash to the Bluff Road Landfill lately, you may have been surprised to find that the rates have increased. If you live in town and have garbage service, you may have also had rate increases from your private refuse hauler.

Many people don't realize that no tax dollars are used to support the landfill's operations,

transfer station operation, composting or recycling programs. The landfill operates like a business and must maintain a positive cash balance just like any other privately owned business. Monies used to operate the landfill come from refuse haulers and citizens through gate fees. Monies are also generated from the sale of recyclables.

Why have fees increased?

Fees have increased primarily because state regulations have required the construction of environmental protection features at the Bluff Road landfill and closure and monitoring of the old landfill site.

The fee increases are significant, but the new rates are still less than the average landfill fees in Nebraska. (BPO)

Landfill Tipping Fees	From	Sept. 1996	Sept. 1997
Solid Waste at Bluff Road Landfill (\$/ton)	\$12.00	\$16.00	no increase
Yard Waste at Bluff Road (\$/ton)	\$10.75	\$14.75	no increase
Pickup trucks, trailers, cars w/trailers (ea.)	\$ 4.00	\$ 7.00	\$10.00
Cars (ea.)	\$ 1.50	\$ 2.50	no increase
Pickups with trailers (ea.)	\$ 7.50	\$12.00	\$16.00
Uncovered loads at North 48th Street (ea.)	\$ 2.00	\$ 3.00	no increase
Passenger tires (ea.)	\$ 2.00	\$ 3.00	no increase
Implement tires	\$11.25	\$11.50	no increase



# Where wastes should go

Waste Item	Suggested Disposal Options		Further Information Contact
	Businesses	City Facilities	
Tires	CMET 3900 Industrial Ave. 465-0003	TRANSFER STATION 5101 North 48th St. 441-8104 (small vehicles only & less than 10 tires)	City Recycling Office 441-8215
Appliances	L & S Metals 4700 Douglas Circle 465-0002 No fee is charged or, Telephone Book Blue Pages, p. 38-39	TRANSFER STATION 5101 North 48th St. 441-8104	City Recycling Office 441-8215
Waste Oil	Check neighborhood service stations and auto repair shops	TRANSFER STATION 5101 North 48th St. 441-8104 (Small vehicles only, disposing of other waste items)	Lincoln-Lancaster County Health Dept. 441-8040 for listing of waste oil recyclers
Lead Acid Batteries	Telephone Book Blue Pages, p. 39	TRANSFER STATION 5101 North 48th St. 441-8104 (small vehicles only which are disposing of other waste items)	Lincoln-Lancaster County Health Dept. 441-8040
Yard Wastes	All refuse haulers offer collection	TRANSFER STATION 5101 North 48th St. 441-8104 BLUFF ROAD LANDFILL 6001 Bluff Road Commercial yard waste haulers 441-7738	City Recycling Office 441-8215
Paint, Household Hazardous Waste, Button Batteries			Lincoln-Lancaster County Health Dept. 441-8040

## Take the back-side vow

You may believe landfills are mostly filled with old coffee grounds, half-eaten sandwiches, previously owned chewing gum and many other things you don't want to even think about.

But that's a gross misunderstanding. Forty percent of an average landfill is filled with nothing more exciting than—want to guess?—paper. More than plastic, more than glass, more than disposable diapers and fast-food packaging. More than anything else: paper!

If you want to make a difference at the landfill, take the Back-Side Vow. Always use both sides of the paper. Always bring your own bag to the grocery store and buy things that don't come over-packaged. Recycle newspapers, magazines and junk mail. Try to make your trash basket go a week between trips to the garbage can. Hit the landfill where it hurts—paper! (AH)

## Cut up the world

Cut an apple into quarters. Put aside three of the quarters. What do these represent? The oceans of our world, the Blue Planet.

The fraction left is 1/4th of the apple. Slice it in half and set aside one of the halves. This is the part that people can't live or work on—the poles, deserts, swamps, high mountains and so on.

What's left? 1/8th of the apple. This is where the humans live, but not necessarily where they grow their food.

Slice your 1/8th piece into four sections and put aside three of them. What's left? 1/32nd of the apple.

The three pieces you set aside represent the places where the soil is too poor to farm—here it's too rocky, wet, cold or steep to produce food. These three pieces also represent the cities, houses, highways, shopping malls, schools, parks, factories, parking lots and miniature golf courses where people live, play and work—but do not grow any food.

Take the 1/32nd piece of apple that's left and carefully peel it. Look at this scrap of apple peel. It represents the farmable surface topsoil of the planet, the thin skin of the Earth's crust upon which humankind totally depends. It is less than five feet deep and it is quite a fixed amount of food-producing land.

You may now eat the rest of the apple, but carefully save this tiny piece of apple skin. Treat it as if your life depends of it. (AH)

## Biodegradable plastic from corn

University of Nebraska researchers at the Industrial Agricultural Products Center (IAPC) are exploring the characteristics and possible uses of polylactic acid (PLA)—a compostable bioplastic resin made of cornstarch through fermentation processing.

PLA is versatile and water resistant but rapidly breaks down within four to five weeks in a compost pile. The heat, moisture and microbe combination is key to the PLAs degradation because if PLA is buried in the soil alone for 10 months, it doesn't break down. Some of the projects the IAPC are working on are:

- How to use PLA in woven and knitted fabrics (Lois Hamilton, IANR textiles)
- Compostability of PLA bags filled with grass clippings and restaurant food
- Encapsulating of insecticides using PLA as a timed-release application (Dennis Robinson, NU Medical Center)
- Pesticide containers for agricultural chemicals
- PLA coated paper cups

In addition to this environmentally sound, compostable bioplastic, this research may result in new markets for Nebraska corn. (BPO)

## Environmental Focus



## earth wellness festival receives grant

earth wellness festival has been awarded a \$15,500 mini-grant from USDA-CSREES to determine impact of Natural Resources and Environmental Management Education programs. The grant funds are designated to support an impact evaluation study.

A member of the committee that reviewed the grant proposals stated that **earth wellness festival** is representative of many other youth programs in the nation that are funded by USDA-CSREES. Dr. Paul McCawley, USDA-CSREES, felt that the **earth wellness festival** “flagship” study will provide important documentation of impact and serve as a model for similar environmental education programs.

The evaluation study will be used to document the program’s impact on the community and help determine direction as we strive to “educate future stewards of the earth.” (SE)

“Educational experience even for me—not just the school kids.”  
—earth wellness festival volunteer

ANNOUNCING—**earth wellness festival** is Thursday, March 27, 1997 at Southeast Community College-Lincoln. Annually, over 3,300 Lancaster County fifth-graders and their teachers attend to participate in this exciting environmental education program. Over 400 volunteers and presenters help at the day-long festival.

Volunteers are needed to help in a variety of activities at the event. If you would like to volunteer at the festival or would like information on other ways to support this important program, contact Soni at 441-7180. (SE)

## 1996 Safe Drinking Water Act: will it affect you?

In August, President Clinton signed into law a Safe Drinking Water Act that will result in sweeping changes to the national drinking water program. The final version was a compromise between separate bills passed earlier by the House of Representatives and the Senate. The bill includes a new standard-setting process that will shift the focus of regulations away from identifying contaminants to regulating contaminants that are known to pose greater public health risks. Cost-benefit analysis and risk assessment will play a greater role in setting maximum concentration levels (MCLs) for serious contaminants. Some other highlights of the bill are:

On sourcewater protection, a new process will be established for local entities to petition the state to set up a sourcewater protection program. Water systems must report to customers on contaminants found in their water supply. Systems serving more than 10,000 people must mail an annual consumer confidence report to customers; systems serving under 10,000 people must publish the report in the newspaper.

Water system operators will need to be certified by the EPA, although small communities will be eligible for financial assistance to train their employees. States will be able to exempt smaller water systems from federal monitoring requirements.

The EPA will be required to develop a radon standard, but states will be exempted if they participate in a multimedia program to reduce radon from all sources.

The bill established a new State Revolving Fund (SRF) for drinking water infrastructure to the tune of \$7.6 billion over seven years. In addition, millions of dollars are earmarked for research on methods to detect and treat cryptosporidium. The EPA can regulate contaminants, like cryptosporidium, on an emergency interim basis when contamination presents an urgent threat to public health.

This bill was sponsored by state and local government organizations, water utilities, and consumer groups as well as the U.S. Environmental Protection Agency. (BPO)

• As a microcosm, we have lost most of our tall grass prairie areas; in the United States, this loss is 99%.

• We have lost most of our wetlands; in the United States, this loss is 50%.


The challenge we face and perhaps the consequences of our inaction can be summarized by E. O. Wilson, a biologist at Harvard, “*The one process ongoing in the 1980’s that will take millions of years to correct is the loss of genetic diversity by the destruction of natural habitats. This is the folly our descendants are least likely to forgive us.*” Source: County Wildlife Inventory by Robert M. Case, 1990. (SE)





# Family Living

## Keep your family calm

 As the holidays approach, parents seem a little more strained than usual, as though they already are suffering from overload. Of course, this pressure comes from job demands, upcoming travel and meal plans as well as wanting their kids to have the best holidays ever. But when parents mistakenly assume that they have to do everything, they're bound to feel tense and unhappy. Ironically, what kids need most for a joyful time are reasonably relaxed parents who can enjoy the festivities with them. If you want to change the pattern so you and your family get the holiday you deserve, here are some common stressors and some simple tips on how to avoid them:

**1. Being so busy you neglect your kids.** Between the demands of work, travel, family reunions, meal preparation, and yes, sports, many of us do not give enough time to our kids during the holidays.

**• Slow down and reconnect.** Your children need 10 minutes of your uninterrupted attention, each day. As soon as

you get together at the end of the day, put everything else on hold. Kids need to reconnect and so do you. Sit down on the couch, give them an extra hug, and just listen to whatever they have to say. If you promised to read a child's story, now is the time to do it.

**• Simplify whatever you can.** Make your meals simple but nutritious.


**• Get kids into the kitchen.** Find a way to include your kids in cooking whenever you can, especially when guests are coming. Participating in the preparations will make them feel that they are hosts along with you, and they'll feel even more hospitable toward the guests when they arrive.

**2. You're spending too much time away from home.** There are office parties, and your schedule demands you work many evenings. Then there's all that shopping to do.

**• Tell them you miss them too.** Kids need to know that you feel awful when you've had to spend so much time away. Explain why you need to be involved in these extra activities, and promise you'll find some time for them on the weekend.

*continued on page 12*

## Families make positive changes through Nutrition Education Program (NEP)

 The Nutrition Education Program (NEP) provides limited resource families education regarding buying and preparing safe nutritious meals. The program is based on findings which indicate that the only way daily diets of low-income families can be permanently improved is through targeted nutrition education.

This past year the Lancaster County Nutrition Education Program taught 2,988 nutrition education lessons to 416 homemakers who care for 1,541 family members.

Graduates have demonstrated positive behavioral changes as shown in the table below:

The Lancaster County NEP staff is funded as follows: 2.75 positions funded through USDA Expanded Food and Nutrition Program (EFNEP); 2 positions through USDA Food Stamp Grant; and 1 position jointly funded through Lancaster County and Lincoln Housing Authority (LHA).

Nutrition advisors Linda Detsauer, Lenora Fittro, Charlene Morris, Nobuko Nyman, Sondra Phillips, Marilyn Waldron and Barb Yllescas provide group and individual family nutrition education. Nutrition education is available in both English and Spanish. For more information on how to enroll, contact Maureen Burson at 441-7180. (MB)

Percent of program graduates who showed positive behavioral changes	
Percent	Program
86%	<b>Food Resource Managment</b> (Plan meals, compares prices, uses grocery lists, does not run out or cut children's meals because of not enough money.)
95%	<b>Nutrition Practices</b> (Makes healthy food choices, prepares food without adding salt, reads nutrition labels for fat and sodium, feeds children breakfast.)
73%	<b>Food Safety</b> (For example - thawing and storing foods properly.)

## Alice's analysis



November 5, Election Day. The weather was good and I hope everyone voted. As I said before, my father came from Scotland and when he was asked how he voted his answer was "that is my business". Dad always said "he did not talk politics or religion". I did not know how he ever voted.

Monday evening, October 28, we enjoyed FCE Achievement "Forget the Calories - Enjoy the Dessert". Forty-five ladies enjoyed some very delightful dessert and I know I did not count the calories. We enjoyed the music of "The Renz Nest" by Deloris and LaVerne Renz and three young ladies from the Country Pals 4-H Club, who sang songs from "Meet Me In St. Louis". They received a purple ribbon at the State Fair Song Contest.

We honored our membership:

**55 years:** Fern Westfall, Crounce Club. Sorry to report she had passed away last summer. A member of the Crounce Club reported she was over 90 years old and the "old Extension club" and FCE had meant much to her.

**50 years:** Virginia Stolz, Antique Aunties Club.

**40 years:** Doris Cunningham & Kathryn Dwinell, Southeast

Colonial Dames Club; Donna Gill, Time Out Club; Donna Holka, Crounce Club; and Clarice Orr, individual member.

**35 years:** Lucille Axberg, Doris Hall & Nancy Tyrrell, Kitchen Rangers Club; Bonnie Krueger & Leoma Winch, Salt Creek Circle Club.

**30 years:** Della Anderson & Velma Giles, Emerald Club; Joy Kruse & Bernice Strunc, 49'ers Club; Irene Meyer, Princeton Homemakers Club; Lois Reisel, Beltline Club; Bernice Ruyle, Gateway Gourmet.

**25 years:** Margaret Gross, 49'ers Club.

**20 years:** Ramona Dietemeyer, Southeast Colonial Dames Club; Mildred Fry, Busy Bees Club; Jean Lind, Antique Aunties Club; Martha McLeod, Salt Creek Circle Club; Shirlayne Schmidt, Honey Do Club.

**15 years:** Kathy Wilson, Crounce Club; Jo Yuhl, Willing Workers Club.

**10 years:** Reta Leggett & Elaine Malick, Gateway Gourmet Club; Doris Warren, East Campus Starrs Club.

**5 years:** Vera Mae Lutz, East Campus Starrs Club; Diane Wendelin, Home Service Club.

**New members:** Mary Brooks, Tuesday Tinkers Club; Cheryl Cramer, DeLoris McGinnis, & Gloria Egger, Princeton Homemakers Club; Ruby Engle, Helpful Homemakers Club; Ollie Rosenbaum, Emerald Club.

Thank you LaDonna Pankoke, Glamour Girls Club; Jean Wheelock, Emerald Club; Ernestine Egger, Princeton Homemakers Club and Darleen Isley, Firth Homemakers Club for organizing the evening.

When Doris Cunningham's name was read I remember I learned how to make hats in her basement, many years ago. When Ramona Dietemeyer's name was called I remember she was Mrs. America.

FCE club work has come to an end now for 1996. We are looking ahead for a good year in 1997. Sorry to say we only have 17 clubs this coming year, a loss of six clubs. But we will work hard to be a good FCE group in '97.

Mark your calendar for January 27, 1997, 1 p.m., for our first Council meeting. We will set our goals for the new year.

By the time you read this analysis, you will be thinking of Thanksgiving and that brings the Holiday Season.

I had a call this evening from our oldest granddaughter and she wanted to know if we could go shopping for her Christmas outfit this week because they are having a music program at school Monday night. So Thursday night I will begin my Christmas shopping.

My thought for the month—By the time you read this the Holiday Season will be here, so, "Have a Happy and Safe Holiday Season".

—Alice Doane, FCE Council Chair

## Family and Community Club holds achievement meeting



(Left) Members of FCE for 40 years: (L to R) Clarice Orr, Kathryn Dwinell, Doris Cunningham, Donna Gill, Donna Holka.

(Below) Donna DeShon placed second at the State FCE Convention with her picture titled "Nova".

The Lancaster County Family and Community Club Council held its annual achievement meeting. After dessert and musical numbers by the Renz Nest and the Country Pals 4-H Club, members and clubs were recognized.

Donna DeShon displayed her needlework picture which won second place at the State FCE Convention.

Five clubs were honored for attending all four Council meetings during the year. They were Firth Homemakers, 49'ers, Gateway Gourmet, Helpful Homemakers, Jolly Dozen, Salt Creek Circle, and Waverly Matronettes.

All five 40-year members were in attendance (see picture).

If you are interested in joining an FCE club, contact the Extension Office at 441-7180. (LB)





# Leader training lessons

Leader training lessons, for FCE and other community organizations, is a train the trainer opportunity open to anyone wishing to present a program at their club or organization or for individual development.

January’s leader training lesson is scheduled for Tuesday, January 7 at 1 or 7 p.m. The lesson “The Giving Tree” will be presented by Don Janssen, Extension Educator. This lesson will discuss why trees are important and the benefits of trees.

The February leader training lesson is scheduled for Tuesday, January 28 at 1 or 7 p.m. The lesson “Linking Family and Community Strengths” will be presented by Lorene Bartos, Extension Educator. This lesson will help participants look at their roles and responsibilities in the community and how working together will build a better community.

If you are not in an FCE club and would like to attend, please register by calling, Pam or Lorene at 441-7180, so information packets can be prepared. (LB)

# Holiday joy doesn't mean heavy debt

Giving gifts is a holiday tradition. Unfortunately, for too many Americans going into debt is now part of that custom.

Overspending doesn’t do parents or children any good—parents dig too deep into their wallets or pocketbooks for presents that youngsters sometimes don’t appreciate.

Instead, shoppers should set up a plan, basing gift amounts on the overall budget, current debt situation, and personal values and feelings.

Aside from creating a budget and sticking to it, consumer experts advise making time now for holiday shopping. People tend to spend more as the holidays approach.

Parents should have ideas about what to give children and know the price range of presents before they enter the store.

Some other holiday shopping tips to consider:

- Draw names to cut down on overall gift costs.

continued on page 11

# Family reunions

Every family has their own history and traditions. Many families get together this time of year for Thanksgiving, Hanukkah, and Christmas. Some gatherings are small, while others are more like conventions. Some are the old-fashioned potluck affairs, while others are gatherings at resort or vacation areas.

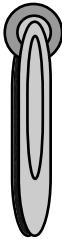
While family reunions can be very different, they also have much in common. Reunions bring together family members from far and near to share their lives with each other. This is especially important for youth, because it gives them a sense of belonging.

Why is this sense of belonging important? Children need to know what their roots are; that they are a part of a larger framework than just the nucleus family. This contributes to a feeling of connectedness and being a significant part of society.

Family reunions benefit other generations as well. Reunions give the older generation a chance to pass along the wisdom of experience and age. The middle generation can relax a little and enjoy interactions of both old and young generations. (LB)

## Healthy eating

Alice Henneman, R.D., L.M.N.T., Extension Educator



For a low fat holiday treat, enjoy this dessert idea from the U.S. Department of Agriculture that helps you meet the recommended food group servings. EACH SERVING PROVIDES: 1/4 serving from milk group and 1/2 serving from bread group.

**Chocolate Mint Pie** (8 servings)  
**Graham Cracker Crust:**

- 1-1/4 cups crushed Graham crackers
- 3 tablespoons margarine, softened

Mix graham cracker crumbs and margarine thoroughly. Reserve 1/4 cup of crumb mixture for top of pie. Press remaining crumb mixture into 8-inch pie pan so the bottom and sides are completely covered.

**Filling:**

- 1 envelope unflavored gelatin (1 tablespoon)
- 1/4 cup cold water
- 1/2 cup sugar
- 1/4 cup cocoa
- 2 tablespoons cornstarch
- 2 cups skim milk
- 4 drops peppermint extract

Soften gelatin in cold water. Mix sugar, cocoa, and cornstarch in saucepan. Add milk. Cook, stirring constantly, until thickened. Stir softened gelatin into hot mixture and cool 20 minutes, stirring occasionally. Stir in extract. Cool an additional 20 minutes. Pour filling into crust. Sprinkle reserved crumb mixture over top of filling. Chill until set. Keep in refrigerator until served.

Nutrients per serving: Calories, 175; Total fat, 6 grams; Saturated fat, 1 gram; Cholesterol, 1 milligram; Sodium, 175 milligrams. (AH)

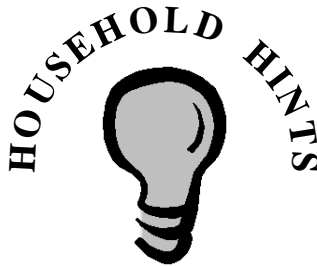
## Nutrition & food safety web site

Visit our internet web site at: <http://ianrwww.unl.edu/ianr/lanco/family/safety.htm>

*You can:*

- Learn about Extension programs.
- Access Extension publications.
- Connect to other internet nutrition and food safety sites. (AH)

## Family Living



by Lorene Bartos, Extension Educator

After the holidays, take a few simple steps to keep your linens in fine shape for years to come. Always clean linens before storing to prevent stains and creases from setting. Do not starch before storing as starch may attract unwanted insects. To store linens without unsightly creasing roll them around empty paper towel or wrapping paper tubes or hang on hangers in the closet. (LB)

## Subscribe to FoodTalk e-mail newsletter!

FoodTalk is a free monthly newsletter available through your computer e-mail. It provides a short “how-to” tip ready for you to use immediately. To subscribe, e-mail this request:

TO: [LISTSERV@UNLVM.UNL.EDU](mailto:LISTSERV@UNLVM.UNL.EDU)  
SUBJECT: (please leave blank)  
MESSAGE: SUBSCRIBE FOODTALK  
(do not include signature when subscribing) (AH)

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### HEALTH / NUTRITION

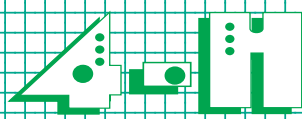
- 351 Start the Day with 5-A-Day
- 352 The Breads, Cereals, Rice and Pasta Group
- 353 The Fruit Group
- 354 The Meat, Poultry, Fish, and Dry Beans Group
- 355 The Milk, Yogurt, and Cheese Group
- 356 The Vegetable Group
- 357 Using the “Nutrition Facts” Section on Food Labels
- 358 Alternative to High-Fat Fast Foods
- 359 Avoid Choker Foods for Young Children
- 360 Avoiding Mealtime Hassles with Preschoolers
- 361 Constipation During Pregnancy
- 362 Cutting the Fat in Favorite Recipes
- 363 Easy Tips for Eating Less Fat
- 364 Eating for Two During Pregnancy
- 365 Foods for Athletes
- 366 Nausea in Early Pregnancy
- 367 Reducing Sodium in Your Diet
- 368 Should You Consume Caffeine?
- 369 Stop, Look, and Listen Menu Planning
- 370 Walking for Weight Control

...and more than 400 additional topics.





## 4-H & Youth



### BULLETIN BOARD

- ⇒ Honors Banquet - Tuesday, December 3, 7:00 p.m. (LJ)
- ⇒ 4-H Teen Council Meeting - Sunday, December 8, 3:00 p.m. (LJ)
- ⇒ 4-H Council Meeting - Tuesday, December 10, 7:30 p.m. (LJ)
- ⇒ 4-H Horse VIPS Fair Planning Committee Meeting - Wednesday, December 11, 6:30 p.m. (LJ)
- ⇒ Ag Society Annual Meeting - Saturday, December 14, 9:00 a.m. (LJ)

## Thank you!

The Lancaster County 4-H Phone-a-thon Committee would like to say **THANKS** for taking the time to visit with the 4-H member who called. Without caring individuals, like you, the phone-a-thon would not have been a success.

Our biggest **THANKS** goes out to the 20 youth that volunteered their time and energy. We know that youth today have extremely busy schedules between school, sports, church, etc. and it is not easy to give up an entire evening. Thank you for going the extra mile. (LJ)

Mark Anderson  
Chris Baumbach  
Megan Bergman  
Brenda Fiala  
Jenny Fiala  
Gene Gillam  
Tara Hepburn  
Laura Johnson  
Valerie Lemke  
JoHanna Madsen

Marta Madsen  
Jennifer McHale  
Kent Rosenboom  
Jesse Schrader  
Sarah Sis  
Robin Stearley  
Rhonda Tucker  
Jeri Vallicott  
Jessica Vallicott  
Craig Wagner

## Award book winners recognized

This year's Lancaster County award book winners were recognized at the 1996 4-H Achievement Night on November 12. Winners were chosen on October 29 by the awards book judging committee. Awards book preparation takes many hours and much hard work. We are proud of all the participants in the contest and we congratulate the following winners:

Consumer and Family Science—*Marta Madsen*  
Plant Science—*Sean White*  
Healthy Lifestyles—*Marta Madsen*  
Environmental Education and Earth Science—*Micki White*  
Communications and Expressive Arts—*Megan Bergman*  
Citizenship and Civic Education—*Marta Madsen*  
Personal Development and Leadership—*Micki White*  
Some other special awards were also given at the celebration.

We congratulate the following who were recognized for their outstanding achievements and service to 4-H:

Outstanding 4-H Member—*Robin Stearley*  
Meritorious Service—*Gene Hanlon*  
I Dare You Leadership Award—*Russ Princ*  
Lincoln Center Kiwanis Club Scholarship—*Chris Baumbach*

(MF)

## Free baby chicks

Baby chicks will be hatching around February 6, March 14 and May 9 as a result of Embryology, a 4-H school enrichment program. If you live on a farm or acreage and wish to receive free chicks, please call Tina at 441-7180 to arrange your pick-up of chicks. Chicks will be available on or near the above mentioned dates. (ALH)

## Focus on 4-H

Members of the Flamingos 4-H Club have much to be proud of. This busy group of 4-H members have been making a difference in their community.

During National 4-H Week, the club set up informational booths at several Northwest area schools. Flamingos members handed out 4-H flyers, displayed pictures of their club activities and answered questions youth had about joining 4-H. Several youth who visited their booths signed up to join 4-H!

The Flamingos participate in many other community service projects. The club has "adopted" a local nursing home. On Halloween they took treats and made door decorations for the nursing home residents. The club is currently preparing for their annual Christmas caroling trip to the nursing home. Club members also participate in honey sales for A.R.C., fold bags for the Lincoln Food Bank and make valentines for the V.A. Hospital, the nursing home and the People's City Mission.

Recently two members from the Flamingos attended a Conflict Resolution Skills Workshop put on by the Lincoln/Lancaster Mediation Center. Club members meet monthly at the Lancaster Extension Education Center with



business meetings run by elected youth officers.

The club enjoys many fun field trips and has an annual Pool and Pizza Party after the fair. Some of the projects members have worked on include small pets, cooking, crafts and wildlife conservation. The club also works at the Snack Shack at county fair.

The Flamingos are starting an exciting program this year. College students from the University of Nebraska, who have been active in 4-H, will be leading workshops and working on projects with the members.

Leaders for the Flamingos 4-H Club are Sharon Green and Sherri Ramirez. Club members include Katie Donahue, Abby Fleming, Victoria Green, Kelsey Lamb, Matt Lamb, Jamie Mohr, Amy Nichols, Amber Ramirez, Abigail Standley, Brian Standley, Tarissa Westerholt and Tiffany Westerholt.

We would like to feature your club in the NEBLINE. Drop us a note or give us a call and let us know what great things 4-H is up to in your neighborhood! (AF)

## Winter care of your horse—Part II

In November we featured several winter care preparations that will aid you and your horse survive winter. This month we continue with "The Worst Problem—Frozen Water" and "Hoof Care is More Important When it is Wet." All of the information was taken from the *Animal Horse Information Net* written by Robert N. Oglesby, D.V. M.

### The Worst Problem—Frozen Water

There is no greater aggravation than toting water in the cold when the pipes or hoses freeze. Plan now to get frost-free hydrants installed where the horses are watered. You will bless them daily as the temperatures stay below freezing. You still must daily remove and drain hoses. Horses do not drink as much in the winter, but recently this fact has been questioned.

When temperatures go below freezing, it is easier to fill the buckets half full, if you can check them more frequently. This will keep you from coming down to a bucket full of ice. A little ice on the top can be easily broken and removed. A little ice on the bottom can be defrosted with water put on top. If frozen solid, a few gallons of hot water will melt it.

Occasionally you see a recommendation to salt the water to encourage drinking. Adding salt increases the amount of water needed to stay healthy. Your best bet is to insure your horse has fresh water available at all times. The water should be in a convenient and relatively comfortable location out of the worst conditions.

### Hoof Care is More Important When it is Wet

Hooves may need special attention during the winter. Consider having the shoes removed if you will not be riding for three or more months. The nails weaken the walls and the shoes help hold in dirt. Going bare foot will also toughen the soles. For problem feet there is no better prescription than being bare foot for several months.

If your horse has problems with wall cracks that originate at the bottom, you can do something to help. The cracks are usually due to excessive drying that comes from repeated wetting and drying. Walls also

crack from being allowed to grow too long. Regular application of a hoof wall dressing combined with timely trimming will insure that come spring, his hoof walls will be ready to hold nails.

Another frequent problem in the winter is thrush, that black, smelly goo around the frogs; though rarely a cause of lameness, it can lead to other serious problems. Thrush prospers in a wet, dirty environment. A clean, dry stall and regular hoof care is all that is required to prevent the problem. But if you already have a hoof problem, a formalin-based hoof paint will quickly dry up the rotting mess. (CB)



The 4-H Horse VIPS Committee elected their 1997 officers and youth representatives. The 4-H Horse VIPS Committee is responsible for planning 4-H horse one-day and weekend clinics for youth and leaders, district horse shows and the county fair horse show. The committee meets every month on the second Wednesday at 7:00 p.m. 4-H horse club leaders, parents, interested volunteers and youth are always encouraged to attend. For further information, contact the Extension office, or better yet, plan to attend the next 4-H horse VIPS meeting; introduce yourself to the new officers and volunteer to serve on one of the committees—education, county fair, pre-districts, awards.

### 1997 4-H Horse VIPS Committee Officers

Chair—Franklyn Manning, first vice-chair—Keith Dey, second vice-chair—Bob Bonner, secretary—Jaci Nielsen, treasurer—Justina Hagan, youth representatives—Kaleena Dey, Carissa Agena, Sara Messick. Congratulations!

### 4-H Horse VIPS Fair Planning Committee Meeting

Wednesday, December 11, 6:30 p.m. Anyone interested in planning and serving on any horse fair committee should plan to attend this meeting. Bring your 1996 fair book, suggested changes and your own dinner. Drinks will be provided. (CB)

# It's the tops

4-H Cloverbud clubs and families can now purchase a wonderful curriculum series from Ohio State University. The material is fun, age-appropriate, discovery-oriented and formatted in a way that is very family-friendly.

The Ohio State University 4-H Cloverbuds curriculum is divided into the following areas (lesson topics follow):

**Science/Technology** (Experimenting with the 5 Senses; Making Air Work; Weather Fun).

**Community Expressive Arts** (Cloverbud Display; Cloverbud One Act Play; Planning A Community Art Exhibit).

**Healthy Life Style** (Making Healthy Food Choices; Fitness is Fun; Safe at Home).

**Environmental/Earth Science** (Nature Fun; The Problem of Pollution; Helping Our Environment: Reduce, Reuse, & Recycle).

**Personal Development** (My Feelings; Experiencing Disabilities; I am Special).

**Citizenship/Civic Education** (Heart to Heart: Celebrating Valentine's Day with Nursing Home Residents; Food Drive: Jumping-Jack-Athon; Our Flag).

**Consumerism/Family Science** (Managing Time; Be Smart with Money; Television: Making a Choice).

**Plants and Animals** (Pets; Our Feathered Friends; Super Seed Fun).

You will find plenty of fun, "hands-on" activities in this series and years of exploring

for you and your club/family. Children have an opportunity to be meteorologists, be a fat detective, discover a "magic can" and the fun of making "recycled paper." They can get their hands into mud as they make their own bird nests or learn special songs for nursing home residents. All of these and more are included in the curriculum from Ohio State University.

The next issue of NEBLINE will feature another premiere 4-H Cloverbuds curriculum from Michigan State University. For more information on how to obtain the Ohio State University curriculum, call Soni at 441-7180. (SE)

## 4-H & Youth



## 4-H rabbit VIPS

### "What's Hopping"

The 4-H rabbit VIPS elected their new officers for 1997 at their October meeting. Several new faces were elected and plans for a spring "hands-on" clinic met with a positive response.

The 4-H Rabbit VIPS Committee meets January through October on the third Thursday at 7:00 p.m. All club leaders, parents, interested volunteers and youth members are always invited to attend.

### 1997 4-H Rabbit VIPS Committee Officers

Chair—Bob Howard, vice-chair—Dave Kaminski, secretary—Terri Bramhall, superintendent—Gordon Maahs, assistant superintendent—Mary Howard, youth representatives—to be announced in January.

Congratulations! (CB)

## Kwanza for Cloverbuds

Looking for an educational activity for your 5-7 year-olds in December? Kwanza (Keh-Wahn-zah) is celebrated by some African-American families from December 26 to January 1. This celebration honors families, cooperation and sharing. It is also in honor of traditional African harvest festivals and people remember their family histories.

4-H Cloverbuds and their families can learn about Kwanza by exploring Family Celebrations Around the World from Michigan State University. Stop by the Extension office or call Soni for more information. (SE)

## Teachers learn by doing!

At the 4-H Water Riches in-service for teachers, Pat Kurtenbach (Elliott) and Amy Lieb (St. Peter's) discover the properties of soils. Pat pours water into a cup filled with loam to see how fast water travels through this soil. (ALH)



## Soapy sculptures

Would you like to make gifts for the holidays? Why not make soap? Youngsters can shape snowballs and snowmen with this soap. Or make soap eggs and put them in an egg carton. Remember to experiment with colors too. And you might want to add a fragrance. Be creative! Here's what you need to do.

### MATERIALS:

- 2 cups of Ivory Snow detergent
- 4 tablespoons water
- Food coloring
- Bowl

### PROCESS:

1. Pour detergent in bowl.
2. Mix water and food coloring to desired shade.
3. Using your hands, gradually work colored water into soap until it forms a clay of sorts.
4. Add more water if the mixture is too dry or more soap if it is too wet to work.
5. Sculpt into interesting shapes. (ALH)

## Club's service work wanted for Colgate Award

Enter your club's community service projects in the 24th Annual Colgate Youth For America Campaign and your club could win a cash grant up to \$2,000! Service work completed between March 1, 1996 and March 1, 1997 is eligible to compete in this

great program which honors the work of youth clubs including 4-H, Girl Scouts and Boy Scouts, Camp Fire Boys and Girls, Boys & Girls Clubs of America and girls inc.

Entry forms are available in the Lancaster County Extension Office and must be

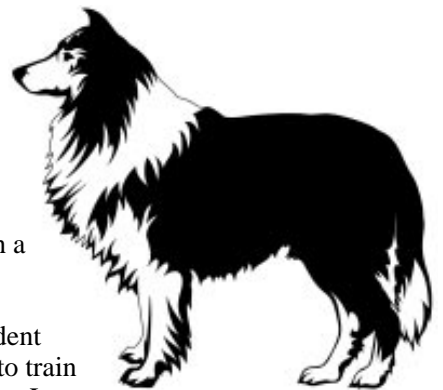
submitted by March 15, 1997. Projects will be judged based on originality as well as the extent of community involvement or benefit. Each club can enter multiple projects. Contact LaDeane Jha or Autumn Fowler at 441-7180 for more information. (AF)

## Sharpen your skills in 4-H projects

4-H leader training for foods and clothing areas will be held **Thursday, February 6, 6:30-9:30 p.m.** All leaders and parents are encouraged to attend. Participants will have the opportunity to attend both sessions that evening. Watch future NEBLINES for details. (LB/AH)

## Dog training offered

4-H dog project members are invited to join the Rompin' Rovers every Tuesday at 6:30 p.m. starting January 7 for training classes. Classes are held in the 4-H Complex Arena, State Fair Park. Members and their dogs go through a full rotation of training each Tuesday including obedience, agility and handling. Independent members or clubs are invited to train with the Rompin' Rovers led by Leon and Melody Jensen. Wear warm clothes to training classes since the building is not heated. For additional information, contact Autumn at the Extension office. (AF)



## Minutes of the meeting

### Friendly Faces 4-H Group

Today we went to the Fabric Gallery to look at and feel different fabric. We learned how to use them in patterns and about the many kinds of textures.

These were our group's favorites:

Favorite Fabric—Rayon, because it's smooth, satiny and Special Occasion Fabric.

Favorite Color—Purples, Burgundy, Light Blue, Pink and Black.

Favorite Design—Plaids, Florals and Reversible Patterns. We had a wonderful time touring!

*Your Minute Recorder,  
Kristin Gokie*

*Friendly Faces 6<sup>th</sup> grade*







## Community & Leadership Development

# New work habits for a radically changing world



### Become a quick-change artist

Your job will keep reshaping itself, shifting and flexing to fit our rapidly changing world. That's the *only* way it can hope to survive in this fiercely competitive environment. Look for it to restructure, outsource, downsize, subcontract, and form new alliances.

### Commit fully to your job

In today's world, career success belongs to the committed. To those who work from the heart...who invest themselves passionately in their jobs...and who *recommit* quickly when change reshapes their work.

### Speed up

We live in an impatient world, with fierce competition and fleeting opportunities. Organizations that are lean, agile, and quick to respond clearly have the edge.

### Accept ambiguity and uncertainty

Pinning down your job during change can be like trying to nail Jell-O to the wall. You're faced with new expectations, shifting priorities, and different reporting relationships. Your role may be vaguely defined, and your assignments may get altered constantly.

### Behave like you're in business for yourself

Organizations are reshaping themselves. They want to get closer to the customer. They want decisions to be made by the people who are closest to the information.

### Stay in school

Today's world takes no pity on the person who gets lazy about learning. Either you take personal responsibility for continuing your education, or you end up without the knowledge you need to protect your

career.

### Hold yourself accountable for outcomes

Responsibility, power, and authority are being pushed down to the lowest levels. For this to work, you have to stand accountable for results.

### Add value

It's your *contribution* that counts, not the hours.

### See yourself as a service center

Unless you take pains to provide the best possible service, and do so at a competitive market price (i.e., salary), you'll find it hard to keep customers. They'll replace you with a better service provider. In essence, somebody else will "steal your business."

### Manage your own morale

If we attribute more emotional self-sufficiency to people—if we *expect* ourselves to stand personally responsible for our attitudes—we'll all be much better off.

### Practice kaizen

*Kaizen* (pronounced ky'zen) is the relentless quest for a better way, for higher quality craftsmanship. Think of it as the daily pursuit of perfection.

### Be a fixer, not a finger-pointer

Build a name for yourself as a problem-solver, and you'll be a valuable person to have around. Organizations need people who can take care of problems, not merely point them out.

### Alter your expectations

The best thing you can do is constantly upgrade your skills, stay flexible, and never con yourself into thinking that your employer is supposed to protect your future.

Source: The Employee Handbook of New Work Habits for a Radically Changing World, Price Pritchett, Pritchett & Associates, Inc., Dallas, Texas. (GB)

# Speakers Bureau

Need an engaging presentation for your organization's next meeting? Consider one of the experts from the UNL Speakers Bureau, a group of distinguished faculty and staff who want to share the university's wealth of expertise with people across the state.

The Speakers Bureau is offered free of charge to your group. UNL Public Relations will help you book any of these speakers:

**Kris Baack**, Clinical Assistant Professor of Special Education and Communication Disorders — *Communication Challenges; The Language of Leaders*

**Stephen Baenziger**, Professor of Plant Breeding — *Agriculture: Nebraska's Great Managed Ecosystem; Plant Biotechnology's Techniques and Uses; As Explained by an Amateur Chef*

**Stan Campbell**, Director of Campus Recreation — *Maximizing Your Leadership Potential; The Power of Vision; Why Everyone Should Work Out*

**Dick Dienstbier**, Professor of Psychology — *Sex Education and Teen Pregnancy; The "Sexual Revolution": Where Are We Headed Now?; Stress is Bad for You But Exercise is OK*

**James Estes**, Director of the University of Nebraska State

Museum — *Conserving Nebraska's Natural Heritage; Nebraska's Treasures; Great Plains Myths and Images*

**Robert Fuller**, Professor of Physics and Astronomy, Director of ADAPT Program — *Preparing the University for Paperless Pedagogy*

**John Hibbing**, Professor of Political Science — *Why Americans Hate Government; The U.S. Elections of 1996; Politics in Europe*

**John Janovy**, Professor of Biology, Director of Cedar Point Biological Station — *UNL's Secret World Championship: The Cedar Point Biological Station; Parasitism: Our Most Common Way of Life; What Every Parent Needs to Know about a University but is Afraid to Ask*

**Venita Kelley**, Assistant Professor of Communication Studies — *Images of Culture in the Media; Freedom of Speech in the Era of Multiculturalism; Revitalizing the Legacy of Martin Luther King, Jr.*

**Patricia Kennedy**, Associate Professor of Marketing — *Learning Values from Advertising; Advertising, Body Image and Self Esteem; Marketing on the Internet and the World Wide Web*

**Robert Kuzelka**, Assistant to the Director of the Water

Center — *Water Issues Make Waves in Nebraska*

**Meg Lauerman**, Assistant Professor of Advertising — *Making Headlines; Student Success Stories; Have You Checked Your E-Mail Today?*

**Brito Mutunayagam**, Associate Dean and Professor of Community & Regional Planning — *Preparing for the Year 2000; Economic Development and the Future of Nebraska Communities; Cities, Futures, Decisions and Information Technology*

**Ian Newman**, Professor of Health and Human Performance — *Reversing Adolescent Drug Use Trends; Adolescent Health and the Corporate Bottom Line; Developing Health Promoting Schools*

**David Stanley-Samuelson**, Associate Professor of Entomology — *Undoing Ourselves: Scientific Misconduct and the Public Image of Science; Insect Control in the Future: Reducing the Environmental Insecticide Load.*

To book one of UNL's Speakers Bureau presentations, please call the Office of Public Relations at (402)472-2211 or write UNL Speakers Bureau, 204 Canfield Administration Building, Lincoln, NE 68588-0424. (LB)

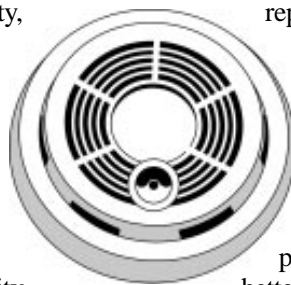
# Proper use and upkeep of smoke detectors important

Residential fires claim thousands of lives and billions of dollars in property each year. Responsible, informed use of smoke detectors can limit a fire's path of destruction to property, not life.

Improperly placed alarms or detectors without batteries, however, provide no safety benefits. Smoke detectors should be treated as a top-priority appliance. Batteries should be tested monthly and replaced immediately if low.

Under no circumstances should smoke detector batteries be

removed to power toys or other items. And if the shrill alarm goes off due to incidental smoke from cooking, the detector should be moved to another location or replaced with a less



sensitive detector—not disconnected. The two main types of smoke detectors are ionization, which respond better to open flames; and photoelectric, which are better at detecting smoldering fires. For the best protection, homes should contain both types.

Each floor should have a smoke detector. Placing detectors near bedrooms is a must.

Detectors shouldn't be blocked by any structures. Ideally, they should be placed on the ceiling in the middle of hallways and rooms, at least four inches from any wall. A detector placed on a sidewall should be at least 12 inches from the ceiling. In addition, detectors should be located three feet or more from heating or ventilation ducts so smoke is not dissipated before it reaches the detector. Upper floors should have detectors near stairwells to catch smoke rising from lower floors.

Also, detectors shouldn't be placed on uninsulated outside walls, on ceilings below uninsulated attics, or on ceilings containing radiant heating coils. The temperature variations may hinder the detector's effectiveness.

When purchasing a smoke detector, make sure it is UL listed and read the manufacturer's instructions to be sure it will work in the desired location. Detectors should have a sound output of at least 85 decibels at a distance of 10 feet.

Supplement smoke detectors with a fully charged fire extinguisher. Both detectors and extinguishers can be purchased at relatively little cost at most hardware stores. Extinguishers, like detectors, should be tested regularly (about once a year) and kept in functioning condition at all times. Carbon monoxide detectors also are recommended as an added precaution for homes using wood-burning stoves, fireplaces or kerosene heaters. (LB)

# Lancaster County/City of Lincoln volunteer of the month

## Carolyn Goodman

Carolyn Goodman is a very reliable and dependable volunteer. She has been involved with many Cooperative Extension activities. Carolyn is concerned about the environment, gives of her time to help promote environmental stewardship among youth and adults in the community. Carolyn takes an active part in the youth gardening program, Lancaster County Fair, landscaping and compost demonstration sites. She has also been involved with the Shop S.M.A.R.T. (Save Money and Reduce Trash) program promoting shopping skills to reduce trash and encouraging recycling.

Carolyn has always been willing and eager to help. Her interest in horticulture and composting has helped Lancaster County citizens be better stewards of the land and environment. (LB)



(L to R) Roland Luedtke, Carolyn Goodman, Lois Coffey.



Cybercase of the invisible itches

continued from page 4

The most likely mite problem is the scabies mite, but scabies are usually found in the area of the body where the skin is very thin, like the hands and wrists. This doesn't sound like the area of the body where your friend is having the problem. Scabies are very easily identified by a dermatologist and other doctors. I assume your friend does not have scabies, otherwise the doctor would have identified it as such.

However, there are mites that feed on small animals or birds that can sometimes bite people although humans are not their preferred host. If the mites are infesting a cat, for example, the pet owner or other family members may get bitten when they sit near the cat or on the same furniture where it lounges. If your friend has a cat, she should take it to the veterinarian to diagnose if it has mites and to obtain medication to eliminate the infestation. Roosting birds, like pigeons, can also carry mites that can bite people. The logical method of control is to remove the roosting birds.

If neither of these scenarios are a possibility, it is possible that your friend has an allergic reaction to some environmental situation, food, medication, cosmetic or cleansing product. The cause can be very hard to identify, but things like fiberglass insulation, facial cleaners, a new cosmetic, are all possible. Food allergies can also cause hives, rashes and itching sensations. Dry skin should not be discounted. Your friend may want to see an allergist to see if an allergy is causing her symptoms.

If this is not likely, there is still another possibility. Rarely, we see people who claim that they are being bitten, but no insect is ever found. These people have a nervous personality or possibly a psychological disorder. It is difficult to help them because they are steadfastly convinced that they are being bitten by an insect and cannot be convinced otherwise. This condition is known as illusory or delusory parasitosis, depending on how disturbed the person is. (Severely disturbed people, suffering from delusory parasitosis, actually can "see" and describe the offending parasites in great detail. The problem is that nobody else can see them.) People who have these disorders are more likely to be women, and most of them are middle-aged or older. I think that dry skin plays a part in triggering this condition because complaints seem to be more frequent during the winter months. These persons need a psychologist or psychiatrist, not a medical doctor. They repeatedly search for the cure to their problem, going from doctor to doctor and occasionally are sent to an entomologist to identify the problem. Since

there is no insect present, entomologists cannot help solve the problem, either. I suspect that the doctor believed that your friend has illusory or delusory parasitosis. I also think that he told her that she has "femites" to placate her and prescribed Vanatar (whatever it is) as a harmless placebo. In my experience, however, it is not a good idea to identify a problem that is not there, because it won't go away after a treatment.

Oh yes. I called my pharmacist about Vanatar. He could not find this drug in any of his pharmaceutical books that include prescription and non-prescription drugs of all kinds.

I am not sure how to advise you to help your friend, but I wouldn't worry about this condition spreading to you or your family unless a real medical situation is diagnosed.

This is probably more than you wanted to know about the causes of biting sensations in people, but I had to tell you all the possible causes in order to answer your questions adequately.

I will be glad to answer future e-mail messages (cnty9001@unlvm.unl.edu) if you have them.

Barb Ogg,  
Extension Educator  
University of Nebraska  
Cooperative Extension in  
Lancaster County

Dear Barb,  
I appreciate your concern and response more than you know. Some of my friends have said the same thing you have about the "imagination" part. The doctor also prescribed a drug called pimocide (generic) that I didn't know about when I first posted this letter to you. I believe it is for a psychotic condition.

Holiday joy doesn't mean heavy debt

continued from page 7

- Consider doing volunteer work as a family in the local community, to help get back into the spirit of the season.
- Write down the total amount budgeted for presents on a piece of paper and carry it along. Subtract gift purchases from the budgeted figure and stay aware of the running total.
- If charging purchases, use just one credit card. It's easier to keep track of spending.
- Remember the incidental expenses of the holiday season: cards and postage, wrapping paper, decorations, and party costs. They add up.
- Think about treating the family to a weekend at a hotel with a pool or a ski trip this winter, instead of exchanging large gifts.

If this is her imagination, I don't know what to do. She is just not the type of lady that you would expect to have something like this, very intelligent, always very active in community affairs. She is 57 years old and had an aneurism in her brain about two years ago, and if this is the case, I'm sure this is what has caused it. She went to a psychiatrist a few times after the surgery, but stopped going saying it did nothing for her.

Her two sons live in other states and she has no other family here. I know she will not go to a psychiatrist because she believes these "mites" are real and I don't think anyone can convince her differently. Thanks again, Barb, for your help.

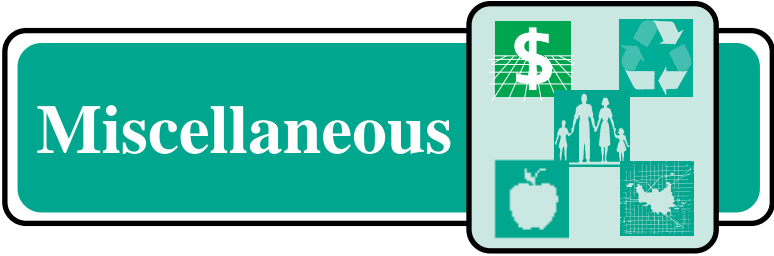
Martha

Dear Martha,  
I am glad that the information that I sent helped you understand your friend's condition. I find it amazing that, with the few details that you wrote, the scenario is so similar to others that I have seen. Another amazing thing is that people who have this condition even describe these "bugs" in very similar ways. Those of us who have come into contact with these people compare cases and they are very similar.

In my opinion, your friend needs psychiatric help. Maybe you can try talking to her doctor. However, you also need to remember that this is not your problem or dilemma. Her two sons need to be involved in decisions that need to be made.

Good luck and I'm glad that I was able to help.

Barb Ogg  
(cnty9001@unlvm.unl.edu)  
(BPO)



Ugly mix prevents theft of evergreens

continued from page 2

Garardo Sciarra, a gardener-horticulturist with the Cornell Plantations, the Ugly Mix can be applied to evergreens with a paint brush, broom or sprayer. It must be kept agitated during its use to prevent separation of the ingredients.

The following ingredients of Ugly Mix can be purchased at local garden supply stores and grocery stores.

Ugly Mix Recipe

Pour two gallons of water (about 63 degrees Fahrenheit) into an aluminum pot. Mix in a separate bowl 20 ounces of hydrated lime together with four ounces of "Wilt-Pruf" concentrate to form a paste. Slowly fold the paste into the pot of water.

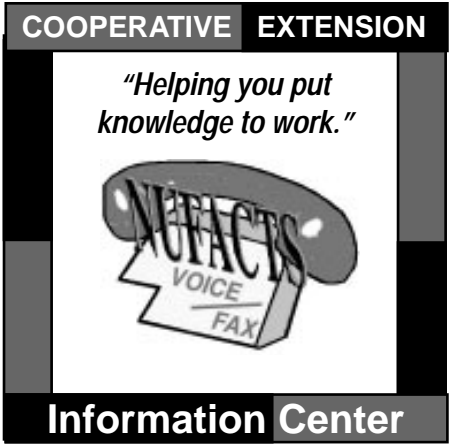
Add contents of two one-ounce bottles of red (or other hue) food coloring to the mixture and stir until color is uniform.

Agitate the Ugly Mix continually during its use to prevent settling of ingredients.

Apply Ugly Mix to the needles of evergreens with a brush or sprayer during warm (above 50 degrees Fahrenheit) and dry weather in November and December. Repeated applications may be required if rainfall washes away the Ugly Mix.

Mr. Sciarra suggests that experience is a good teacher when using the concoction to color trees. Colored stripes or marks can make plants unacceptable as Christmas trees and easily identifiable if stolen. The temporary tree markings do not need to be offensive in appearance. The heavier the application and greater the amount of tree and twig coverage with Ugly Mix, the longer it takes for rain to wash the tree clean. It will take a few weeks or months for Ugly Mix to wash away, depending on the frequency and intensity of rainfalls. (MJM)

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# The NEBLINE

Nebraska Cooperative Extension Newsletter  
Lancaster County

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Gary C. Bergman, Extension Educator–Unit Leader

NOTICE

All programs and events listed in this newsletter will be held at the Lancaster Extension Education Center unless noted otherwise. Use of commercial and trade names does not imply approval or constitute endorsement by the University of Nebraska Cooperative Extension in Lancaster County. Articles written by the staff of the University of Nebraska Cooperative Extension in Lancaster County may be reprinted without special permission if the source is acknowledged. For reprint information about other articles in THE NEBLINE, contact the source listed in the article.

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# Extension Calendar

All programs and events will be held at the Lancaster Extension Education Center unless otherwise noted.

- December 2-4**  
Crop Pest Management Update—*Kearney*
- December 3**  
4-H Honors Banquet ..... 7:00 p.m.
- December 8**  
4-H Teen Council Meeting ..... 3:00 p.m.
- December 9**  
Extension Board Meeting ..... 7:30 p.m.
- December 10**  
4-H Council Meeting ..... 7:30 p.m.
- December 11**  
4-H Horse VIPS Fair Planning Committee Meeting ..... 6:30 p.m.
- December 12-13**  
Nebraska Soybean Day & Machinery Expo  
—*Saunders County Fairgrounds, Wahoo* ..... 9:00 a.m.
- December 13-14**  
Returning to the Farm Program  
—*East Campus Union, UNL, Lincoln*
- December 14**  
Fair Board Annual Meeting ..... 9:00 a.m.
- December 17**  
Agronomy Highlights—*Cornhusker Hotel, Lincoln*
- January 6**  
Crop Protection Clinic ..... 8:30 a.m. (registration)
- January 7**  
FCE Leader Training Lesson “The Giving Tree” ..... 1:00 & 7:00 p.m.

## Keep your family calm

continued from page 6

- **Observe the rule of two.** When you’re planning your holiday calendar, keep in mind that it’s best to accept a maximum of two obligations a week that take both you and your partner away from the kids. They may tolerate your absence for two nights, but change it to three, and there will be much more difficulty.
  - **Savor the upcoming traditions.** Set your priorities and don’t get lost in trivia. Keep your family rituals sacrosanct, even if it means missing the neighbors’ caroling party or a dinner with out-of-town friends. Take the time you need to truly enjoy the meaningful rites your kids look forward to all year.
  - **The kids get tired and grumpy.** It’s hard to keep kids from getting so wound up they can’t settle down when it’s time to go to sleep. After all, there’s excitement in the air. Their friends are in a frenzy of anticipation, and the feeling is catching.
  - **Stick to their schedule as much as you can.** Try to get the kids up in the morning and to bed at night at their regular hours. Keep mealtimes more or less the same as often as possible. This will help kids stay calm.
  - **Lower your standards.** That will reduce your anxiety. If your kids eat too much candy, or miss two hours’ sleep one night, it doesn’t ultimately matter.
  - **Hang on to small rituals.** When the kids do go to bed late, take time for the little rituals that make them feel secure. It’s OK to skip the bath—but don’t skip the bedtime story and the hugs and kisses!
  - **4. Expectations are too high. Prepare for some disappointment.** Sometimes, no matter how you’ve tried to keep your children’s expectations from soaring out of sight, they’ll find themselves let down over some aspect of the holidays.
  - **Be empathetic.** Say you know they felt bad not to get the bike they wanted, or that the party they’d looked forward to wasn’t really much fun. Let them complain, and don’t try to talk them out of their feelings. They just need our sympathy.
  - **Offer a substitute that satisfies—your undivided attention.** Most children cheer up instantly when they hear the words, “Let’s try out the hockey game you got,” or “Let’s see how your new kitchen works.” If the parent sits down and plays with their children for an hour, that gift of time will probably make up for any disappointment.
  - **Don’t be hurt by your own expectations.** We all have fantasies of how magical the holidays will be. The fact is they hardly ever live up to our dreams. Don’t expect your family to appreciate all the effort you put into making the holidays special. Even the gifts that you receive may be disappointing. Try to be philosophical—be glad for the things that go right, and count your many blessings.
- Source: Balance Newsletter, Herb Lingren, Ph.D., Extension Family Life Scientist. (LB)